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SUPERMAN IN NEED OF A SECOND INCOME

MAN OF STEEL'S REPORTER WAGES ARE PRETTY WEAK COMPARED TO OTHER SUPERHERO SALARIES. MAYBE LOOK INTO PR, MR. KENT

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Pulling the plug on cyberbullies

Minister for Status of Women tears up as she announces \$300K in federal funding to fight bullying

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Uncomfortably energetic?

Safety concerns prompt the U.S. Food and Drug Administration to investigate newest craze — caffeinated food

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NO BOY BANDS

LIVE 88.5fm



SENATORS WE CAN CHEER FOR

City politicians along with Senators fan Dylan Sullivan, 9, pose after hoisting the Sens Flag outside Ottawa City Hall on Tuesday. Dylan wrote to Mayor Jim Watson proposing the rally when the Senators found themselves in a late-season slump. For more on the playoffs, see pages 3 and 18. ALEX BOUTILIER/METRO

Man charged in weekend shooting

Attempted murder. Accused shooter and target 'known to police,' but no weapon recovered



ALEX BOUTILIER

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Ottawa police have charged a 20-year old man in relation to a shooting on Saturday in the city's south end.

Abdullah Al-Zafiri of Ottawa has been charged with attempted murder as well as occupying a motor vehicle with a firearm.

The charges are in relation to an incident on Saturday in the area of Heron Road near Finn Court around 3:40 p.m.

The Ottawa Police Service responded to the area after receiving reports of gunfire.

But according to Staff Sgt. Mark Patterson, the incident stemmed from an altercation the night before.

Patterson couldn't speak to the motive for the shooting, as it's part of an ongoing investigation. He did say, however, that both the alleged shooter and the attempted target are familiar to his unit.

"The persons, the suspect and in some respects one of the victims is well known to us," said Patterson. "(They are) persons of interest to our section."

No weapon has been retrieved as of yet and there were no injuries as a result of the shooting, Patterson said.

Al-Zafiri appeared in court on Tuesday.

Several witnesses have come forward and are co-operating, but the OPS is looking for anyone with more information on the incident to contact the guns and gangs unit at 613-236-1222 ext. 5050.



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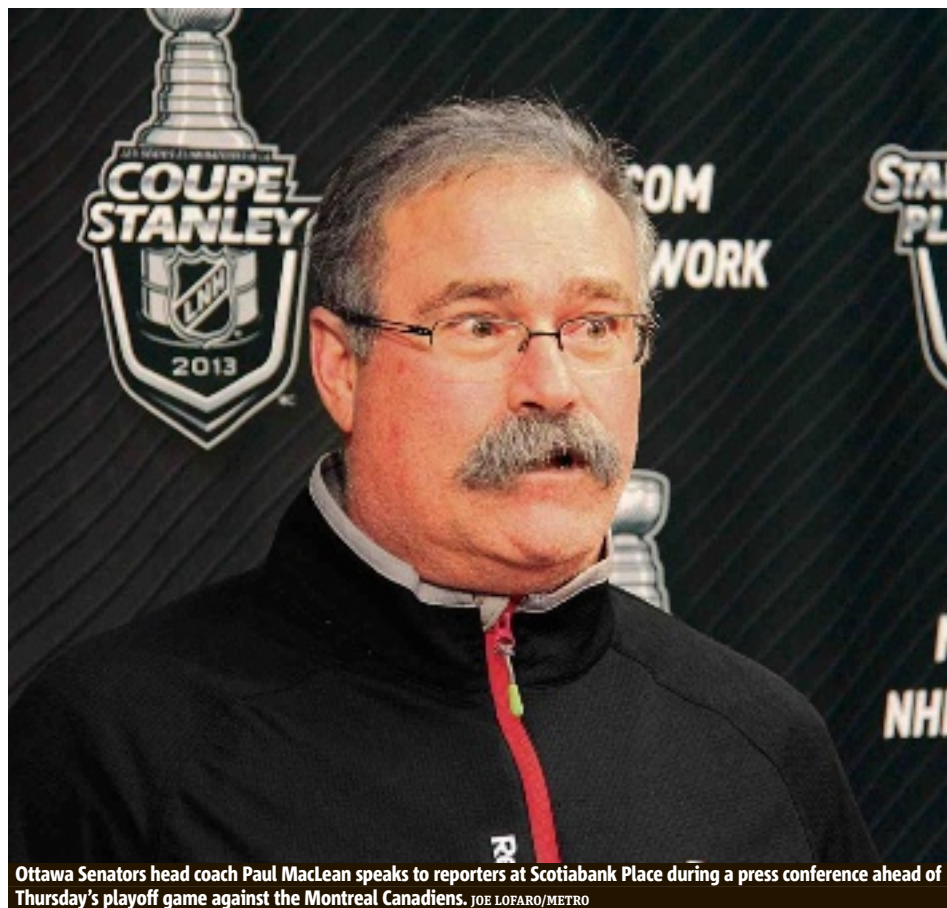
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MacLean relishing underdog role



Ottawa Senators head coach Paul MacLean speaks to reporters at Scotiabank Place during a press conference ahead of Thursday's playoff game against the Montreal Canadiens. JOE LOFARO/METRO

Opener in Montreal. Sens coach looking forward to historic playoff faceoff with Habs Thursday



JOE LOFARO
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Thursday will be the first time the Ottawa Senators will face the Montreal Canadiens in the NHL playoffs and head coach Paul MacLean says he's looking forward to the thrill of playing against one of the most "storied" franchises in the league.

"I think it's exciting. If the building is electric, I think it affects both teams the same way," said MacLean Tuesday at a press conference following the Sens' practice at Scotiabank Place.

The Sens will open the series Thursday night when they play the Canadiens at the Bell Centre in Montreal. The opener comes after Ottawa beat the Boston Bruins 4-2 in the regular-season finale Sunday night.

"Playing the Rangers last year was unique in its own

way. They were the New York Rangers, but this is totally unique. It's the Montreal Canadiens," said MacLean, adding that he sees the Sens as an underdog this season. "They're the Northeast champions. They're the Montreal Canadiens. We're the seventh-seed Ottawa Senators."

The Sens have already succeeded, the head coach said, in earning that seventh-seed spot, up from eighth last year.

On Thursday, fans might expect the Sens to reinforce their defensive skills.

"I think one thing we took from last year into this regular season was the ability to play defence and limit second and third opportunities especially," he said.

Adding to that strength is the recent return of 22-year-old defenceman Erik Karlsson, who recovered from a torn Achilles tendon. MacLean said having Karlsson back for the playoffs will make a significant difference.

"I think that his ability on the power play is going to make a big difference for us and the confidence that he gives our team when he plays," said MacLean. "We're a different team."

Mayor proclaims 'Sens Army' days, hoists flag at city hall

As if Sens fans weren't already excited for the post-season, they now have an official proclamation from the Mayor's Office.

Mayor Jim Watson proclaimed every game day for the remainder of the playoffs "Sens Army, United in Red" days at a flag-raising rally outside Ottawa City Hall Tuesday afternoon.

"The Senators (have had) their challenges, some injuries, but we pulled it off. We're in the NHL playoffs, and we're going to beat the Canadiens," said Watson, to a crowd of

about 50 cheering Sens fans and one plant in a P.K. Subban jersey. "The team has worked hard, the fans have been loyal.... The team is known as the pesky Sens because they never, ever gave up, and we will not give up on our Senators."

Sens president Cyril Leeder, who attended the flag-raising, said the series could be the start of a new rivalry.

"Playoffs really do build that rivalry," said Leeder.

"The new playoff format next year will encourage more inter-division games, so better

chances going forward that we'll continue to play Montreal and Boston, Toronto, in the playoffs, which is good."

Sens fan Luc Guertin, decked out in a plastic snowman costume fitted with Sens paraphernalia, welcomed the opportunity for the seventh-place Sens to take on the Eastern Conference's second seed.

"I'm glad they're playing Montreal. I think they have a good chance to beat them," said Guertin. "I'm glad it's not Toronto. At least for the first series."

ALEX BOUTILIER/METRO



The Sens flag flies outside Ottawa City Hall on Tuesday. Mayor Jim Watson told a crowd of about 50 people at a rally Tuesday that the flag will fly for the remainder of the Sens' playoff run. ALEX BOUTILIER/METRO

Play ball?

Marketing firm pitches stadium-management idea to city

A marketing firm says it's made a pitch to the City of Ottawa to manage the unused Ottawa Stadium over the summer and open the space up to Little Leaguers and amateur ball clubs.

"Why not unlock the doors at Ottawa Stadium this summer and offer ac-

cess to the public, and let them use the Stadium for family-oriented community events, and baseball games for men's leagues and Little League?" said Marketing Breakthroughs CEO Steve Klein in a news release.

Klein and former Ottawa Fat Cats GM Duncan MacDonald say they sent an unsolicited proposal to Coun. Rainer Bloess and Mayor Jim Watson's office, but haven't received a response yet.

METRO

North of Ottawa

Man in hospital under police watch after fire destroys home

A 51-year-old Ottawa-area man is in hospital recovering from minor burns while under the watch of police officers, after a fire at his home.

Authorities say firefighters sent to a house in Chelsea, Que. — about 10 kilometres north of Ottawa — found a torched canoe on the lawn

and were then approached by an aggressive man.

Police arrived and began to negotiate with the man but he would not leave the residence until forced out by flames inside the home.

Police say the man fell to the ground and was escorted away from the scene just before the home collapsed.

He's being treated at a Gatineau, Que., hospital.

Damage is estimated at \$200,000 and there is no immediate word on whether anyone else was inside the home. THE CANADIAN PRESS

Mental health

CAMIMH seeks nominations

The Canadian Alliance on Mental Illness and Mental Health (CAMIMH) is launching the 11th annual Faces of Mental Illness campaign and seeking nominations from the public.

The campaign features the stories of five Canadians living in recovery with mental illness. Nominations can be made at camimh.ca. METRO

Rona Ambrose tears up at cyberbullying announcement

\$300,000 over 30 months. The Red Cross and Respect Group Inc. will fight bullying

JOE LOFARO
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Rona Ambrose was brought to tears Tuesday as she announced new government funding to help eradicate bullying among young people, nearly four weeks after a bullied Nova Scotia girl, Rehtaeh Parsons, took her own life.

Making the announcement at an Ottawa high school, the public works and government services minister and minister for the status of women, said the federal government is committing \$300,000 over 30 months to the Red Cross and Respect Group Inc. to bolster online educational workshops for

youth and educators.

"We've seen recently some very difficult cases that have affected young people when it comes to cyberbullying, harassment and abuse," said an emotional Ambrose, who was flanked by a dozen female students from Lisgar Collegiate Institute.

The minister told reporters the initiative has been in the works for about one year.

"I've experienced it in my life. I've experienced it with people close to me and I've seen it across the country," she said.

Leslie Dunning, the Canadian Red Cross' director general of violence and abuse prevention, said classroom workshops have taught 50,000 Canadian students about healthy relationships, sexual assault, emotional abuse and where to get help. The extra funding will help get those workshops online to educate students, teachers, and parents.

"Without the funding we

Quoted

"I've experienced (bullying) in my life. I've experienced it with people close to me and I've seen it across the country."

Rona Ambrose on the importance of the new funding for cyberbullying

would not be in a position to be able to move to online, because that's fairly expensive to move ... workshops from in person to online and then host them," Dunning said.

Coun. Allan Hubley, whose 15-year-old son Jamie was bullied at his Ottawa high school and committed suicide in October 2011, said at the announcement everyone needs to make the Internet a safer place for youth.

"Hopefully with this we'll be able to prevent crisis instead of reacting to the crisis," he said.



Rona Ambrose, minister for status of women, announces new government funding to help end cyberbullying and abuse among young people next to a group of students from Lisgar Collegiate Institute on Tuesday. JOE LOFARO/METRO

State of mind at issue as jury deliberates in White case



The Ottawa courthouse on Elgin Street, where a jury will begin deliberating on the case of Ashley White. GRAHAM LANKTREE/METRO

The state of Ashley White's mind the night she stabbed her soldier boyfriend after he beat her senseless is the fine line that will determine her guilt or innocence, lawyers in the case argued in closing statements Tuesday.

"She didn't twist the blade. She stabbed it in straight, pulled it out straight, dropped it and started yelling, 'What have I done' all the while on the line with 911," said White's defence lawyer Israel Gencher as he argued to the jury that the 25-year-old woman's mind was in a dissociative state during

the attack with a steak knife in the early hours of July 18, 2010.

White has pleaded not guilty to charges of aggravated assault and attempted murder in the stabbing. It happened just minutes after a fight in which her then-lover, Patrick Halcro, allegedly beat her face to a pulp, striking her head viciously against a door frame, leaving her with a concussion and bleeding from her teeth.

In White's dramatic call to 911 in which she can be heard stabbing Halcro, "she sounds hysterical, she's incoherent. She's saying things that don't

make sense," Gencher reminded the jury. She could not "form the mental element to commit the crime," he said.

Gencher referred to the testimony of forensic psychiatrist Dr. John Bradford on April 22, which indicated White could not be responsible for her actions because of the trauma of the blow to her head and White's fear after Halcro said, "I'm trained to kill and I will kill you."

Yet Crown attorney Carl Lem disagreed and proposed to the 12 jury members that there are many kinds of dissoci-

ative states.

"Merely saying she was in dissociative states doesn't get her to where she needs to be in terms of being an automaton," he said.

White frantically yelled, "I just stabbed him! I just stabbed him! I just stabbed him!" during the 911 call, Lem noted, suggesting she seems hyper-aware of what she's doing.

"Society has an interest in holding people accountable for their violent actions," he said before the jury left to deliberate on White's fate.

GRAHAM LANKTREE/METRO

State of emergency

Attawapiskat, Kashechewan hit with flooding

Flooding and sewer backups have plunged two northern Ontario First Nations into a state of emergency, triggering the evacuation of a hospital and the shutdown of schools, the region's member of par-

liament said Tuesday.

Heavy snowfall followed by a rapid melt have overwhelmed "sub-standard" infrastructure in the Attawapiskat and Kashechewan reserves, both on the shore of the James Bay, NDP MP Charlie Angus said.

Rising sewage forced Attawapiskat to evacuate its only hospital and emergency officials said patients have been moved. **THE CANADIAN PRESS**

Lower-cost operation

Gatineau paper mill to reopen

Resolute Forest Products says it has completed the major realignment of its paper-mill network with Wednesday's restart of its facility in Gatineau, Que.

The mill is reopening as a lower-cost operation due to a new labour agreement, the

use of a single-paper machine and a co-generation power plant set to begin operation in June.

The facility will employ 130 workers, down from 330 when it was shut down in April 2010.

Chief executive Richard Garneau said the mill will produce newsprint that can be sold in North America or for export.

THE CANADIAN PRESS

Sushi continues to be hot

Fast-food SushiGo chain bought by MTY Food Group

Restaurant franchisor MTY Food Group Inc. said Tuesday it has signed a deal to buy the SushiGo chain of fast-food restaurants for \$1.05 million in cash.

The deal includes three

franchised stores and two corporate-owned stores in the Ottawa-Gatineau region.

SushiGo joins MTY's more than two dozen brands that include Thai Express, Vanellis and Sushi Shop.

The deal is expected to close by June 1 and remains subject to standard regulatory approvals and closing conditions. **THE CANADIAN PRESS**

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Two men arrested

Five-year-old rape victim dies

A five-year-old girl has died after being raped in a brutal case that shocked India and the world.

The girl suffered cardiac arrest and died late Monday at a hospital in Nagpur city in Maharashtra state where she was being treated for injuries from the April 18 assault, said an official, Bharat Yadav.

Two men have been arrested in connection with the attack, he said.

THE ASSOCIATED PRESS

Airlines banned

Syria a no-fly zone, says Russia

Russia has banned its airlines from flying over Syria after a civilian plane was reported to have come under an unspecified threat in Syrian airspace.

The ban was announced Tuesday by the state air transport agency, Rosaviatsiya — which said some airlines continue “to operate in the airspace of the country in which hostilities are using missiles.”

Officials said the crew of a charter flight carrying 159 people from Egypt to the Russian city of Kazan saw war activities on the ground that endangered the plane. The aircraft landed in Kazan safely.

THE ASSOCIATED PRESS

Auditor accuses feds of First Nations fiasco

Indictment. Bid to improve lives of aboriginals wrecked by infighting, lack of planning: Ferguson

The federal auditor general says two of the government's key pillars meant to improve the lives of aboriginal peoples have gone awry.

The reason: Infighting, poor co-ordination and lack of planning.

Auditor General Michael Ferguson says attempts to deal with the fallout of the residential school system are a mess as the Truth and Reconciliation Commission bickers with the federal government over what historical documents need to be provided.

And he says Ottawa's plans to deal with rising rates of diabetes — especially on First Nations reserves — are showing no results.

Government programs aren't working together or checking the effectiveness of their projects, he says.

At stake is the mental and physical health of First Nations families across Canada at a time when aboriginal communities are crying out for better treatment from the



At a time when aboriginal communities are crying out for better treatment from the federal government, auditor general Michael Ferguson says two key pillars meant to improve lives have gone awry because top federal officials and important departments can't get their acts together. STEVE RUSSELL/TORSTAR NEWS SERVICE FILE

federal government.

Time is running out for the Truth and Reconciliation Commission to fulfil its mandate of creating a historical record of residential schooling — known for its emotional, physical and sexual abuse of children.

It has until July 2014 to put together a complete record, but Ferguson says work

has barely begun because government departments and the commission have not been able to agree.

“We are concerned that the lack of co-operation, delays and looming deadline stand in the way of creating the historical record of Indian residential schools,” he said.

Elsewhere in his report, Ferguson chided the Can-

ada Revenue Agency for not working hard enough to chase people who owe taxes.

He said Ottawa needs to do more to collect from people who cheat the employment insurance system.

And there has been no proper accounting for billions in security spending since the 9/11 attacks.

THE CANADIAN PRESS

Lost and found

\$3.1B

Ferguson says he has been unable to track as much as \$3.1 billion in funding set aside to combat terrorism. The paper trail tracked only \$9.8 billion of the \$12.9 billion that was spent between 2001 and 2009 on myriad anti-terrorism programs. His report says the Conservative government must do a better job in reporting how taxpayer money is spent.

Mo' money, mo' problems

\$300M

Ottawa is overpaying employment insurance by at least \$300 million a year and fails to get millions of it back, the auditor general says. “Service Canada has an obligation to find and stop inappropriate claims,” says Alyson Queen, a spokesperson for Human Resources Minister Diane Finley.

Oldie not goodie

Aged 50

Canada's search-and-rescue system is in distress and some elements are near the breaking point, Ferguson said. The cost of the air force's fleet of nearly 50-year-old C-115 Buffaloes and older-model C-130 Hercules — rescue workhorses — has climbed to \$20 million a year.



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Pirate Party captures 3 seats in Iceland

Batten down hatches. Founded in Sweden in 2006, movement has spread to countries including the U.S.

Iceland has been stormed by pirates. They won't be forming the government, but on-line freedom advocates the

Pirate Party were still big winners in the country's election.

The party, just a few months old, took 5.1 per cent of the vote in Saturday's poll, gaining three of the 63 seats in Iceland's parliament, the Althingi.

It is the biggest electoral trophy yet for a movement founded seven years ago in Sweden by a group of rebellious file-sharing geeks and

Quoted

"The Pirates have a cool factor... They are not typical politicians, but represent ordinary Icelanders."

Travel agent Hilmar Einarsson.

hackers who scoffed at copy-

right laws.

Birgitta Jonsdottir, the most senior of Iceland's three victorious Pirate lawmakers, argues that political and legal structures around the world have not kept pace with the technological change that has transformed the way we live. She compares it to new software that can't run on an old computer.

THE ASSOCIATED PRESS



Birgitta Jonsdottir, the most senior of Iceland's three victorious Pirate Party lawmakers. THE ASSOCIATED PRESS FILE

Norway

Wanted: Polar bear spotter

Do you enjoy the outdoors and have strong vocal cords? If so, Norway might have a summer job for you: three weeks in the Arctic wilderness spotting polar bears.

The remote northern region of Svalbard is seeking a polar-bear spotter to warn researchers doing projects in the region. The job starts July 8. The successful candidate likely won't have to use a gun "just as long as they have a loud voice" to scare off any bears.

THE ASSOCIATED PRESS

Stem-cell treatment

Two-year-old gets a windpipe

A two-year-old girl born without a windpipe now has a new one grown from her own stem cells, the youngest patient to benefit from the experimental treatment.

Hannah Warren has been unable to breathe, eat, drink or swallow on her own since she was born in South Korea in 2010. Early signs indicate the windpipe is working, and doctors believe she will eventually be able to live at home and lead a normal life.

THE ASSOCIATED PRESS

Ukraine. European court rules Tymoshenko's jailing was rights abuse

Ukraine's jailing of former prime minister Yulia Tymoshenko was a politically motivated violation of her rights, Europe's human-rights court ruled on Tuesday, dealing a harsh blow to President Viktor Yanukovich, who has insisted the case against his top opponent was not political.

The prosecution of Tymoshenko, the country's most vocal opposition leader, has strained the former Soviet republic's ties with the European Union and the United States. Tuesday's ruling put fresh pressure of Yanukovich to ensure Tymoshenko's release if he wants to sign a key co-operation agreement with Brussels later this year.

There was no immediate comment from the government, other than a promise to closely analyze the ruling.

Tymoshenko, a heroine of Ukraine's 2004 pro-democracy Orange Revolution who was instantly recognizable by her blond braid wrapped around her head like a crown, was sentenced to seven years

Quoted

"Soon she will be completely cleared of all the false and absurd accusations."



A triumphant Eugenia Tymoshenko, daughter of jailed former Ukrainian prime minister Yulia Tymoshenko, said Tuesday.

in prison in October 2011 after being convicted of exceeding her powers as premier while negotiating a gas contract with Russia.

In Kyiv, Tymoshenko's daughter Eugenia said that the ruling will be like the "first ray of sunlight" for her mother, who is undergoing treatment for a spinal condition in a hospital ward where windows are shut and draped.

THE ASSOCIATED PRESS

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Gestational crates

Grocery stores sign on to improve pens for pregnant pigs

A group representing Canadian retailers says eight of Canada's largest supermarket chains have signed on with a push to eliminate factory-farming pens that restrict the movement of

pregnant pigs.

The Retail Council of Canada says Walmart Canada, Costco Canada, Metro, Loblaw, Safeway Canada, Federated Co-operatives, Sobey's and Co-op Atlantic have all committed to sourcing their pork from farmers who don't use so-called gestational crates. The council says the chains will make the transition over nine years. **THE CANADIAN PRESS**

Military employment

Vets job program almost triples goal

First lady Michelle Obama announced Tuesday that U.S. companies participating in a program to help veterans find work have hired or trained 290,000 veterans and military spouses since August 2011, nearly tripling the original



The Obamas attend an event to promote hiring veterans on Tuesday. **THE ASSOCIATED PRESS**

goal of the program with about eight months to spare. **THE ASSOCIATED PRESS**

Worker safety

Charges laid in N.L. mine death

The Iron Ore Company of Canada and one of its supervisors are facing occupational health and safety charges in the death of a worker at a mine in Labrador City, N.L., two years ago.

The incident involved an employee of a contractor

who was hired to install poles and related equipment for a new power line at the mine on April 19, 2011. The victim was killed while working in close proximity to an existing energized power line.

Service NL says the company and a supervisor have been charged with six violations under the province's Occupational Health and Safety Act. **THE CANADIAN PRESS**

FDA to investigate added-caffeine foods

Marketing craze. Wave of jacked-up products, such as caffeinated gum, prompts safety concerns

For people seeking an energy boost, companies are increasing their offerings of foods with added caffeine. A new caffeinated gum may have gone too far.

The U.S. Food and Drug Administration said Monday that it will investigate the safety of added caffeine and its effects on children and adolescents. The agency made the announcement just as Wm. Wrigley Jr. Company was rolling out Alert Energy Caffeine Gum, a new product that includes as much caffeine as a half a cup of coffee in one piece and promises "the right energy, right now."

Michael Taylor, FDA's deputy commissioner of foods, indicated that the proliferation of new foods with caffeine added — especially the gum, which he equates to "four cups of coffee



Wm. Wrigley Jr. Company's Alert Energy Caffeine Gum just launched in the U.S. **WM. WRIGLEY JR. COMPANY/THE ASSOCIATED PRESS**

in your pocket" — may even prompt the FDA to look closer at the way all food ingredients are regulated.

The agency is already investigating the safety of energy drinks and energy shots, prompted by consumer reports of illness and death.

In related news

- Monster Beverage is suing San Francisco's city attorney over demands the energy-drink maker reduce the amount of caffeine in its drinks and change its marketing practices.
- New York's attorney general has also subpoenaed Monster — as well as the maker of 5-Hour Energy shots and PepsiCo Inc., which makes Amp — as part of an investigation into how energy drinks are made and marketed.

Taylor said Monday that the only time FDA explicitly approved the added use of caffeine in a food or drink was in the 1950s for colas. The current proliferation of caffeine added to foods is "beyond anything FDA envisioned," Taylor said.

THE ASSOCIATED PRESS



Hadfield phones home to unveil new \$5 bill

Astronaut Chris Hadfield unveils the new \$5 banknote while aboard the International Space Station on Tuesday. Hadfield made a cameo via satellite as outgoing Bank of Canada governor Mark Carney and Finance Minister Jim Flaherty introduced the latest in polymer currency. The \$5 bill features images of the Canadarm, a generic astronaut and Dextre, the Canadian Space Agency's robotic handyman, while the \$10 — also revealed Tuesday — has a picture of a train running through the Rockies. The new notes will go into circulation in November. **SEAN KILPATRICK/THE CANADIAN PRESS**

Skyrocketing inflation

Russia charges \$70M per seat to fly U.S. astronauts

NASA is blaming Congress for the need to pay \$424 million US to Russia to get U.S. astronauts into space. NASA announced its latest con-

tract with the Russian Space Agency on Tuesday. The \$424 million is for flights to and from the International Space Station aboard Russian Soyuz spacecraft, and training for six astronauts in 2016 and 2017. That's \$70.6 million US per seat, well above the previous price tag of about \$63 million.

THE ASSOCIATED PRESS



U.S. astronaut Karen Nyberg at the Russian Space Training Centre outside Moscow on Tuesday. **THE ASSOCIATED PRESS**



Virgin Galactic's SpaceShipTwo under rocket power for the first time Tuesday over the Mojave Desert in California. **MARK GREENBERG/VIRGIN GALACTIC/THE ASSOCIATED PRESS**

Virgin Galactic spaceship makes 1st powered flight

Virgin Galactic's SpaceShipTwo has made its first powered flight, breaking the sound barrier in a test over the Mojave Desert in California that moves the company closer to its goal of flying paying passengers on brief hops into space.

"It couldn't have gone

more smoothly," said Richard Branson, who owns the space line with Aabar Investments PJC of Abu Dhabi.

A special twin-fuselage jet carrying SpaceShipTwo took off Monday morning, spent 45 minutes climbing to an altitude of 14,630 metres and released the spaceship. Pi-

lot Mark Stucky and co-pilot Mike Alsbury then triggered SpaceShipTwo's rocket engine.

The engine burned for 16 seconds, propelling the spaceship to an altitude of 16,760 metres and a velocity of Mach 1.2, surpassing the speed of sound.

SpaceShipTwo then glided to a safe landing at Mojave Air and Space Port in the desert north of Los Angeles, said George Whitesides, Virgin Galactic's CEO.

The 10-minute test flight was considered a major step for the program.

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Rosier outlook

Economy kicks off year with 2-month growth spurt

The Canadian economy appears to be gathering steam, to the surprise of many, with better-than-expected growth rates in

the first two months of the year that have many analysts revising their miserly forecasts for the year.

In the first welcome economic news in several weeks, Statistics Canada reported Tuesday that the country's output expanded by 0.3 per cent in February. **THE CANADIAN PRESS**

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 — Thanks, Todd C



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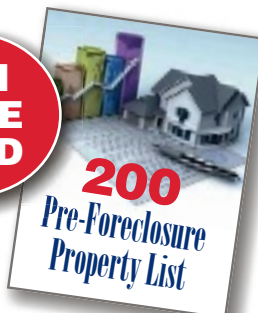


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WHY LET REPORTERS IN AT ALL?

Q: What's a First World problem?

A: A First World problem is so trivial and ridiculous that it fails to resonate with people who have real problems, such as making it to the end of the day ... and then going to bed hungry.

Female reporters in male pro-sport dressing rooms? First World problem. That it is generating any comment at all is testament to Don Cherry's remarkable ability to stoke controversy at an age when most people have already gone to bed.

You gotta hand it to Hockey Night in Canada's perpetual pundit. He rushes in where nobody else bothers to tread.

First, Duncan Keith of the Chicago Blackhawks is rude to a female reporter who needles him in his own dressing room in the wake of losing a fierce contest to the Vancouver Canucks. Then Cherry wades in and says women should not be allowed into male dressing rooms.

This is followed by everyone gleefully piling onto the old



JUST SAYIN'

Paul Sullivan

metronews.ca

guy and getting politically correct points for being oh so progressive.

Cherry loves it because he's still got it at 79, the CBC loves it because the controversy draws viewers to its only remaining hit show and all the male sportscasters love it because, compared to Don Cherry, they're enlightened. That's not saying much: Compared to Don Cherry, Klingons are enlightened.

Before I go any further, let me say unequivocally that if (and it's a big if) reporters are allowed into pro-sport dressing rooms while the players are still dressing, all reporters regardless of gender should be admitted.

Indeed, if there are male reporters who feel the need to interview female sports stars in their underwear, it should be allowed, although those reporters should be willing to pass a background check and psychological exam prior to gaining entry.

But this First World controversy completely misses the point. The point is simple: Reporters don't belong in dressing rooms any more than curmudgeons or Klingons.

It's common human courtesy and should apply across the board, including young multi-millionaires who have just lost to the Vancouver Canucks.

Think about it. You're Duncan Keith. You've barely had a chance to shower and get over losing to an arch-rival and here's some reporter in your face daring you to admit you slashed Daniel Sedin and got away with it.

The gender of the reporter is hardly the point. The point is: Why is that reporter here in the first place?

Even if he does earn \$8 million (!) a year, Duncan Keith doesn't make enough to be required to answer provocative, hostile questions in his own dressing room. How would you like it if a reporter turned up in your bathroom and started asking you about that slash on Daniel Sedin?

Exactly. It's a First World travesty. Even if it takes an over-dressed geezer with the mind of a 12-year-old Klingon to point it out.

ZOOM

A rose on any other planet ...



NASA/JPL-CALTECH/SSI

Saturn shows off huge 'rose' vortex

NASA has named this red-petalled vortex The Rose, but behind its flowery façade is a massive hurricane-like storm at Saturn's north pole. This photograph, captured by NASA's Cassini spacecraft, was given "false colours" to highlight low clouds (in red) versus high. **MWN**

Scientist speaks



"We did a double take when we saw this vortex because it looks so much like a hurricane on Earth."

Andrew Ingersoll, a Cassini imaging team member at the California Institute of Technology in Pasadena

Sun lights up storm for NASA's camera

This image is among the first sunlit views of Saturn's north pole captured by Cassini. When the spacecraft arrived in the Saturnian system in 2004, it was northern winter and the north pole was in darkness. Saturn's north pole was last imaged under sunlight by NASA's Voyager 2 in 1981. **MWN**

By the numbers

419,000

Approximate distance in kilometres from Saturn from which the Cassini-Huygens spacecraft captured the photo. The image scale is 1.6 kilometres per pixel.

Clickbait



ANDREW FIFIELD

andrew.fifield@metronews.ca

Now that PVR and piracy have pushed TV ads out of our lives, let's rub salt in the wound by using new technology to watch marketing relics. Because hairstyles, toys and horrible music trends come and go, but smouldering good looks are forever.



EVAN AMOS/WIKIMEDIA COMMONS

VintageTV Commercials:

Come for the Before They Were Famous section, stay for the fast-food collection starring a creepy/creepier Ronald McDonald. (you tube.com/vintageTVcommercials)

80sCommercialVault:

The name says '80s, but nuts to that. It's all about the lovingly compiled '90s ad montages pushing lousy toys, high-concept soft drinks and Look Who's Talking sequels. If you're lucky, you'll catch a Dr. Mario spot that pretty much sums up the decade. (youtube.com/80scommercialvault)

Tweets

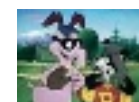
Canada got new cash Tuesday, but some people don't get Dextre, the \$5 space robot. Focus groups deemed the handyman as too 'cartoonish' or childlike. Who would you rather see on the \$5 note?

Terry Fox
@melisawith1s

George @strombo!
@FrenchmanCanada

Canada's sweetheart, Justin Bieber.
@EvanPetrie17

if you're gonna go "cartoonish", may as well go all the way..
@AdamOmada










\$5 bill childish? The current one show 6 kids... PLAYING !!!
@CleanbyConsuelo

WE WANT TO HEAR FROM YOU:

Send us your comments: ottawaletters@metronews.ca

Superhero salaries

Wages. Who is making more at the day job? Iron Man or Batman? The Man of Steel or Spidey?

Inventor/genius	Freelance photographer	Physicist	Newspaper reporter	Genius/philanthropist	Norse God	Reactivated soldier
Tony stark, a.k.a. Iron Man	Peter Parker, a.k.a. Spider-Man	Bruce Banner, a.k.a. The Incredible Hulk	Clark Kent, a.k.a. Superman	Bruce Wayne, a.k.a. Batman	Thor	Steve Rogers, a.k.a. Captain America
						
\$8.8 billion NET WORTH, SAYS FORBES MAGAZINE	\$43,000/ year INCLUDES RESALES OF HIS PHOTOS	\$105,403/ year AVERAGE PHYSICIST SALARY IN THE U.S.	\$53,354/year TYPICAL SALARY OF A NEWSPAPER REPORTER	\$6.5 billion NET WORTH, SAYS FORBES	Infinity	\$64,339/ year PLUS 65 YEARS OF BACK PAY (\$2,185,560)

2 SCENE

Ben Kingsley

Actor more gangster than Gandhi



IN FOCUS
Richard Crouse
scene@metronews.ca

For someone who became famous playing Gandhi, one of the 20th century's great pacifists, Ben Kingsley has certainly played his share of villains.

His latest character, The Mandarin in Iron Man 3, is one of the great comic book baddies. He's Iron Man's oldest foe, a scientific genius and an unbeatable martial artist, who draws his power from 10 finger rings he created using alien technology.

How bad is this guy? This bad: "Some people call me a terrorist. I consider myself a teacher," he says. "Lesson number one: Heroes — there is no such thing."

The filmmakers say Mandarin is partially based on Colonel Kurtz from Apocalypse Now and another character Kingsley made famous.

In Sexy Beast, Kingsley played Don Logan, a vile English gangster who intimidates an old colleague into coming out of retirement for one last job. How bad is this guy? This bad: He starts a brawl on an airplane because he was asked to stub out a cigarette.

"I do know that Shane Black, our writer-director, loved Sexy Beast," said Kingsley, "and was very influenced in his choice of me playing The Mandarin."

Logan isn't the only villain

Kingsley has brought to life on the big screen, however.

In BloodRayne, the Oscar winner plays king of the vampires Kagan, a vicious character who must quell a rebellion led by his daughter. When asked why he would appear in a movie that ranked in Rotten Tomatoes' list of the 100 worst reviewed films of the 2000s, he said, "I have always wanted to play a vampire, with the teeth and the long black cape. Let's say that my motives were somewhat immature for doing it."

As The Hood in Thunderbirds, Kingsley uses his mental powers — telekinesis and hypnosis — to take over the International Rescue headquarters. He took the role in the big screen treatment of the 1960s British children's marionette show at the urging of his kids. "My son has



Ben Kingsley in Iron Man 3. HANDOUT

a Thunderbirds alarm clock. That's how big a fan he is of the TV series."

He's also played villains in War Inc, Prince of Persia and Oliver Twist and says, "as an actor, I have to push the word

'villain' right to the back of my mind and bring forward their distorted sense of righteousness and destiny. Because I think classic villains like The Mandarin have to have a profound sense of right."

Zach Braff getting kicked down over soliciting on Kickstarter

Interview. The maker of Garden State comes under fire for reaching out to indie community for support in funding new film project

MICHELLE CASTILLO
Metro World News

Zach Braff has made a name for himself in Hollywood by playing the beloved role of JD in Scrubs and penning and directing the indie-hit Garden State. But for his latest project, he's gone directly to the people.

Hoping to keep final cut on *Wish I Was Here*, a film he co-wrote with his brother, Braff started a Kickstarter appeal to raise funds for the movie. While the project hit the \$2 million goal in four days,

Wish they would stop

"I think a lot of people definitely got their panties in a bunch. They definitely don't know all the facts."

Zach Braff

some critics have angrily pointed out that well-known names like Braff shouldn't be going to the crowds to get

money for their projects. We talked to him about the film, and the backlash.

Congrats on reaching \$2 million-plus. How does it feel?

Amazing! I feel so grateful to my own fans who rallied around us. We never knew what was going to happen and we gave ourselves one month to let it happen, and then to reach the goal in four days is beyond anyone's

expectations. In fact, many people thought it wouldn't work at all.

Tell us a little more about *Wish I Was Here*. What kind of movie are you going to give Kickstarter funders with \$2 million and counting?

The story is hard to explain without ruining it for so many people. There's a summary on the page. Backers will get as much information

as they want — all of the images they want, spoilers if they want and ultimately they'll read the script if they've chosen that. But it's a story of a family who's struggling to get by in the valley of Los Angeles and trying to make ends meet and raise their kids. And the father, played by me, is an out-of-work actor wrestling to have his dreams come true as he gets a little bit older in his life.

You've had a ton of supporters, but there's also people who weren't as supportive of the project. It was pointed out that you reportedly made \$350,000 per episode for *Scrubs*. Do you feel you're on the defensive, more than you expected?

I think a lot of people definitely got their panties in a bunch. They definitely don't know all the facts. It is frustrating at times to read stuff on the web that is so misin-

formed, but I think it started a giant conversation that we're probably due to have because anyone who doesn't think that this is a way musicians and filmmakers and artists of all (types), whether they're known or unknown people, are going to be able to directly reach their fan base. I think those people aren't keeping up with what's happening.

To me, this was the next logical step.



Zach Braff has come under fire for using Kickstarter. HANDOUT

Kickstarter

- What has Zach Braff funded on Kickstarter? Has he funded anything?
- Quote from Braff. "I funded these revlights bike lights. I ride my bike in Manhattan at night, which is dangerous as hell. The invention is as the wheels spin, it makes you light up. It makes you super seen without blinding any drivers. I thought it was a great idea. I became one of their backers."
 - What is some advice he has for filmmakers. "Like any sales pitch, it's really about the video you make and being honest about the thing you want to do. The things I've supported on Kickstarter — I've supported about six things — the video is what got me; the passion of the artist and the sales pitch saying, 'Look this is what I want to do. This is why I want to do it.' I believed they could pull it off."

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Listeners getting to know the real Johnny Marr

Interview. You know him from The Smiths and Modest Mouse, but it's time music fans get to know him for, well, being him

LINDA LABAN
Metro World News

album, which was credited to both the former Smiths guitarist and The Healers, his new album, *The Messenger*, bears just his name, marking a bona fide solo debut in more ways than title. From the opening power chord through wiry garage rock, pretty jangle pop and a touch of terse psychedelia, Marr is the guy at the front, not to the side, because his singing is equally expressive.

"There's got to be some

Quote

"There's got to be some benefits to getting older, and one of them is knowing yourself better and being OK with that."

Johnny Marr
Talking about growing into his music

benefits to getting older,

and one of them is knowing yourself better and being OK with that. Not that I ever had a problem with who I was, except if I acted like a dick," Marr says with a laugh. "Where that's affected the new record is that I know what I'm interested in singing about and that's very handy when you're fronting a group."

Before he set about making *The Messenger*, Marr knew he had to take his song

ideas "home" and record in his native Manchester, England — not Portland, Oregon, where he's lived since 2005.

"I had an intuition that it would be good for the music. I didn't have a solid concept about representing Blighty. It's in no way nostalgic, God forbid," he says. "But in the back of my mind there was an attitude that I wanted to reconnect with — I guess I always carried it with me. But I wanted to be where I first

developed that attitude."

Ever since the demise of The Smiths in the late 1980s, Marr's role was as producer or band member. Over the last decade, he joined both Modest Mouse and The Cribbs.

"I've gone into doing this record with a sense of my audience. That wasn't the case when I made the Healers record. Now, it's more about the relationship not between me and the guys in the band, but me and my audience."



Johnny Marr's solo album is about breaking back into what his music is about, not what he's been known for. HANDOUT

All about the audience

"I don't know any other way of doing it properly. But, I've gone into doing this record with a sense of my audience. That wasn't the case when I made the Healers record. Now, it's more about the relationship not between me and the guys in the band, but me and my audience."

Johnny Marr
Talking about how this album is different.

Just a rumour

About that big, honking elephant that wandered into the room...

- Putting it to rest. Last year, the ever-present Smiths reunion rumours pinned hopes on a reformation at Coachella 2013. Given that Marr has made such a strong solo album, it's rude to even broach the subject. But, duty bound, we ask whether a reunion is a possibility. Marr answers tersely: "Impossible!"

3
LIFE

A trip to see, a riverboat fantasy

Cruising. Tired of the big box cruise ships? Try something a bit more adventurous — a trip down the Danube

DOROTHY ROBINSON

Metro World News in New York

Ocean cruising has its perks. Tropical destinations, all-you-can-eat buffets, water slides, bowling, free booze — it's a \$30 billion business meant to cater to every whim. But sometimes the excessiveness of ocean cruising can overwhelm. What if you want to experience the joys of travelling by sea without thousands of people crammed alongside you; without paying extra for excursions, or having to adhere to a rigid schedule while visiting increasingly homogenized ports of call?

Riverboat cruising plucks the aspects that make ocean cruising so attractive — the ability to hit multiple destinations without unpacking, the collegial atmosphere on board, an international, knowledgeable staff, a cosmopolitan experience — while being more refined and smaller than their big-white-boat counterparts. As the name implies, riverboat cruising uses smaller vessels that stick mainly to rivers, mostly in Europe but also in Asia and the South Pacific, the



A quaint cruise down the Danube will allow you to see a whole new side of Europe. JEFFOWENPHOTOS/FLICKR

Mediterranean and North Africa, and even Antarctica.

"Most of our guests are seasoned world travellers for whom the destination is still the main attraction. For them, it's not about all-night buffets or skating rinks or other novelties you find aboard big cruise ships — it's about the discovery," says Kevin Wallace, COO

of Vantage Deluxe World Travel, a premiere riverboat cruising company based in Boston. "You unpack once, then sail right into the heart of ports great and small, where sightseeing and intercultural activities are always included."

With riverboat cruising, you sacrifice water slides for accessibility and a more unique experience. Smaller

boats mean you can slip into smaller ports of call — you usually just walk off the boat and into the centre of town.

But riverboat companies aren't dumb, nor are they stuffy.

They include the perks North Americans know and love: full-service cocktail lounges with live entertainment, Internet cafés, excursions, and, yes, even

If you go...

- Visit vantagetravel.com for prices and schedules

all-you-can-eat breakfast and lunch buffets (as well as a formal sit-down dinner every night).

Wallace is celebrating the launch of the company's latest addition to their fleet, River Splendor. The new ship, part of a \$120 million investment by Vantage, has a busy year ahead: After its March christening in Antwerp, Belgium, it will spend the spring, summer and fall cruising the Rhine, Main and Danube rivers between Amsterdam and the Black Sea as the lead ship on Vantage's most popular package, the Majestic Rivers of Europe: Castles, Cathedrals and Fairytales (with stops in Vienna, Budapest and the Czech Republic), as well as the Gateway to the Black Sea trip that takes travellers from Budapest along the Danube all the way to the Black Sea resort of Constanta, Romania.

So, with these trips, instead of onboard bowling you'll just have to enjoy a home-hosted lunch with a family in Croatia instead. In lieu of a Broadway musical at night, you'll have to settle for an exclusive classical concert at the Kursalon in Vienna.

Sounds like a pretty good trade-off, no?

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Classic Niçoise makes great appetizer or main with the addition of rotini



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This is a fantastic main course for lunch or dinner.

The healthy omega 3 fatty acids come from the tuna and help to lower the bad cholesterol and triglycerides.

Be sure, however, to only buy tuna packed in water, not oil, to save the excess calories and fat.

Ingredients

- 12 oz rotini
- 6 oz green beans, cut in pieces
- 1 3/4 cups chopped tomatoes
- 3/4 cup diced cucumbers
- 3/4 cup diced sweet red or green peppers
- 1/2 cup sliced red onions
- 1 can (6.5 oz or 185 g) flaked tuna packed in water, drained
- 1/3 cup sliced olives
- 1/2 cup chopped fresh dill or 125 ml 1 tbsp (15 mL) dried
- 5 anchovies, minced

Dressing

- 1/3 cup olive oil
- 1/4 cup lemon juice
- 1/4 cup balsamic vinegar
- 2 tbsp water
- 2 tsp crushed garlic
- Cucumber shavings

1. Cook pasta in boiling water according to package

Nutritional Analysis

Per serving: 333 calories; 14 g protein; total fat 12 g; saturated fat 2 g; carbohydrates 45 g; 307 mg sodium; 4 mg cholesterol; 4 g fibre

instructions or until firm to the bite. Rinse with cold water. Drain and place in serving bowl.

2. Blanch green beans in boiling water just until still crisp, approximately 2 minutes. Drain, rinse with cold water and add to pasta. Add tomatoes, cucumbers, sweet peppers, onions, tuna, olives, dill and anchovies.

3. Make the dressing: In small bowl combine oil, lemon juice, vinegar, water and garlic. Pour over pasta, and toss. Garnish with cucumber shavings. (For cucumber garnish, use a vegetable peeler down the length of the cucumber to create thin shavings).

ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE INC) BY ROSE REISMAN

Rotini Niçoise



This recipe serves eight as an app. It contains 333 calories and 12 grams of fat per serving. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE INC)

Drink of the Week

Eiffel Sour

- 1 oz Grey Goose Vodka
- 8 lime segments
- .25 oz simple syrup
- .25 oz St. Germain
- 1.5 oz Perrier sparkling water

In a cocktail shaker filled halfway with ice, combine Grey Goose Vodka, lime segments, simple syrup, and St. Germain. Shake well. Pour entire contents of the shaker into a tall glass. Top with Perrier and stir delicately.

RECIPE AND PHOTO COURTESY OF THE GREY GOOSE LOUNGE AT MUZIK IN TORONTO



Is your grill all ready for your culinary imagination?



Try planking today with this easy Tahini-Sesame Salmon. NEWS CANADA

One of the unique and delicious methods to grill food uses a wooden plank.

The smoke created from the plank sitting directly above a lit burner infuses the meat with a delicate smoky flavour.

Using a plank is simple:

- Soak it in water for at least an hour and pat it dry.
- Pre-heat your grill on high for 10 minutes.
- Coat both sides of the plank with olive oil then place the seasoned meat on it.
- Place the plank on the grill directly over the lit burner and reduce the heat to medium/low.
- Cook the meat to its desired doneness.

Grilling planks are specifically designed for the barbecue and there's a variety of flavours to choose. Cedar planks are ideal for salmon.

Tahini-Sesame Salmon

1. Coat salmon with a dusting of salt and black pepper.

2. Mix the tahini, honey and soy sauce. Add white wine as necessary if the mixture is too thick. It should be creamy, but still light enough to drizzle and baste.

3. Coat the fillets with the glaze and arrange them on the planks and place planks on the grill.

4. Close the lid and cook for 15 to 20 minutes. Salmon is cooked when it is opaque in colour and flakey to the touch of a fork. **NEWS CANADA/BROILKING-BBQ.COM**

Ingredients

- 1/4 cup tahini (sesame butter)
- 1/4 cup honey
- 1/4 cup soy sauce
- White wine (for consistency)
- 4 salmon fillets

Lunch. Egg Salad and Smoked Salmon Sandwich



1. In a medium bowl, whisk together the mayonnaise, mustard, smoked paprika and hot sauce. Stir in the cornichons and celery. Gently stir in the chopped hard-boiled eggs, then season with salt and pepper. Cover and refrigerate at least 30 minutes, or up to overnight.

2. When ready to serve, lightly toast the slices of sourdough bread. While the bread is still warm, spread a quarter of the egg salad over each slice, then top with a quarter of the smoked salmon. Serve immediately.

THE ASSOCIATED PRESS

Ingredients

- 1/2 cup mayonnaise
- 2 tbsp Dijon mustard
- 1/2 tsp smoked paprika
- 1/2 tsp hot sauce
- 1/2 cup finely chopped cornichons
- 1/2 cup finely chopped celery
- 8 hard-boiled eggs, cooled and roughly chopped
- Salt and ground black pepper
- 4 large slices sourdough bread
- 4-oz package thinly sliced smoked salmon

Twitter

@TalentEgg

#QuestionoftheDay: What was your favourite #summer job and why did you like it so much?

@enveng2001

best summer job was fisheries technician with the MNR. Boating, outdoors, fishing all summer really what could be better.

@lindenforest

Wildland firefighter in northern Alberta. Spent the summer flying around in helicopters, playing w/ fire! #fave-summerjob

@durhamcareersvc

Fave #summer job - Manager at a live theatre. Had a staff of 75 volunteers and no budget. Learned a lot, saw great shows.

@piachin

my fave #summerjob was working for @JimWatsonOttawa. I learned how much he truly loved #ottcity & importance of getting involved

From collegiate to corporate

Transition. Here are a few tips on making the leap from student to working professional

ASHLEIGH TRAHAN
TalentEgg.ca

Summer is nearly upon us. And while some students are off to work at short-term summer jobs, graduates are facing the end of their academic careers and making the transition into full-time working professionals.

I know from experience that this transition isn't easy. While I was a Type A student in some respects, other behaviours made me less than mentally prepared for a 9 to 5 job. I kept odd hours, furiously writing essays until sunrise, and enjoyed drinking one too many pints on Tuesday nights.

In the interest of saving you some office-related troubles (not to mention a terrible Wednesday morning hangover), here's some ad-



It can be tough to reconcile student ways with a rigid schedule. iStock Images

Recall the motivational milestones of student life

As a young professional, I've found I can harness the power of those by-gone academic milestones to grow in my personal and professional life.

- In spring when you'd usually be buckling down for exams, instead get serious about work or personal

projects that may have fallen off your radar.

- In the fall, use that autumn motivation to learn new skills by signing up for continuing education courses, or picking up good habits that might have fallen by the wayside in the lazy days of summer.

hear the alarm, but it's still far enough away from you that you can't hit snooze 15 times.

In all seriousness, it can be tough to reconcile your old student ways with a rigid schedule. If it all becomes too much, schedule time for yourself to enjoy the odd night of regression into student-like fun. "Grown-ups" can enjoy beer pong and pizza every once in a while too.

Remember, you're not being graded on this

In school, there is an intense fear of failure that drives you to achieve perfection (or at least a reasonable grade). Failing a class or test meant that you'd have to repeat your class.

But in the working world, you have to accept that perfection is the enemy of the good, and answers to complex business problems are not as cut and dry as a multiple-choice exam. In fact, failure is one of the best ways to learn. This is not a class where you'll be docked points for the wrong answer, so don't be afraid to pipe up with your ideas, even if you're not sure they'll be a hit.

Embrace uncertainty

When you're caught up in meetings, deadlines or emails,

you may have a moment when you realize this is not the swishy, Don Draper-esque job that you envisioned for yourself. It's going to take time to develop your identity in the working world and in your new life as an adult.

Enjoy where you're at, even if your job isn't the life-changing work you imagined whilst reading Sartre in the gentle bosom of academia. Embrace this somewhat confusing period in life as a time for self-discovery. I assure you this will not be your last quarter-life existential crisis.

Making the leap

When the first September rolled around post-university, I have to tell you it was quite the shock. I realized the exciting feeling of that first day back to school, when you're tanned and wearing new school clothes, wasn't coming around again.

Making the leap to the professional world can be rough. But when we're challenged to pick up new habits, we can grow by leaps and bounds.

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vice on how to make the leap from co-ed to corporate life.

Invest in an alarm clock

One of the first things you might notice is the never ending exhaustion that comes along with having to wake up at the exact same time, every single day. Not only do you have to wake up, but you are expected to be a productive member of society.

While I can't help you enjoy the early morning wake-up call, the trick to arriving to work on time is a good alarm clock, positioned further than your arm's length away from your bed. It is of critical importance to find the sweet spot where you can

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5 ways that volunteering in your field can boost your future career prospects

Reasons to give. Build your skill sets, network with the right people and develop soft skills by donating your time

KATE
MILLS
TalentEgg.ca

As you transition into summer and start looking for work, don't underestimate the power of volunteering and how it can benefit your career.

In Give and Take, author Adam Grant explains how giving can boost your career. He says the most successful givers are those who rate high in concern for others but also in self-interest.

So with that in mind, here are some reasons to give:

Work experience

Instead of applying for entry-level jobs that ask for experience you don't have, get it by volunteering — such as what I'm doing in communications at Students Offering Support.

Whether it's working with a new computer program, helping to develop a new website or using a second language, there are specific skills employers look for that you can develop by volunteering — not to mention soft skills such as team work, communication skills, adaptability and time management.

Update your resumé

A sure-fire way to have relevant experience on your re-



You never know which contact could lead you to your dream job.
ISTOCK IMAGES

sumé is by volunteering in an area where you want to build your career. A survey by Time-Bank through Reed Executive found that 73 per cent of employers would recruit a candidate with volunteering experience over one without.

Networking

Volunteering at an organization that does work you want to be involved in is a natural way of networking with the right people. You meet contacts who have contacts, and you never know who might be the contact to lead you to the job you've always wanted.

It could lead to a job

In Give and Take, Grant tells the story of George Meyer,

one of the writers for The Simpsons, who many credit as being the creative genius of the show.

Before Meyer got his gig with The Simpsons, he self-published a comedy magazine just to have variety from his other job. It was a hit and made it on Rolling Stone's Hot List of the year's best in entertainment. His magazine got so many submissions that he had to turn some of them down. Not being able to bear that, he shut the magazine down after the third issue.

The magazine ended up in the hands of The Simpsons' executive director just as the show was getting off the ground and he was looking to hire a writing team. He hired Meyer and some of the contributors to his magazine.

Take-away point: By doing something for free, it led to work on a highly successful television show for him, and for the people he gave the opportunity to.

Improve your interviews

If you have recent and relevant career experience, you will feel more confident and have more to talk about in your job interviews. Plus, when you're volunteering with a non-profit organization, you're also working somewhere that actually makes a positive difference in the world, which can't hurt.

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Anderson has plenty to prove in playoffs

Sens-Habs. Puckstopper looks to parlay elite regular-season play into first career post-season series victory

The Ottawa Senators' hopes of defeating the Montreal Canadiens in the first round of the NHL playoffs rest largely on the play of Craig Anderson.

The Senators goaltender was instrumental in getting Ottawa to the post-season. The Sens ranked 27th in the 30-team league in offence, but were second only to Chicago in allowing just 2.08 goals per game.

However, Anderson has yet to win a playoff round in his career. He was impressive in last year's quarter-final series against the New York Rangers, which the Senators lost in Game 7.

"There's only one team that can move on in each round and so much is determined by how the team plays," Anderson said. "We're at the mercy of our teammates and the better



Senators goalie Craig Anderson during practice in Ottawa on Tuesday. ADRIAN WYLD/THE CANADIAN PRESS

our teammates play the better chances for a goalie to have success and to move on."

Anderson has a 5-8 career playoff record with two shutouts. Montreal's Carey Price has played in twice as many

playoff games as Anderson, but Ottawa's 31-year-old goalie feels he learns from every series.

If not for a sprained ankle that kept him out of 19 games Anderson would be in contention for the Vezina Trophy after posting a 12-9-2 record with a 1.69 goals-against-average and .941 save percentage, both league bests.

Throughout their 20-year history the Senators have rarely had a goaltender with Ander-

son's combination of ability, confidence and success.

Daniel Alfredsson has seen every one of the Senators goalies in action in the playoffs and said Anderson is "one of the best for sure."

"I feel when (Anderson's) on he seems to be one step ahead all of the time, knowing what's going to happen before it even happens," Alfredsson said. "When you see that as a player it gives you a lot of confidence."

THE CANADIAN PRESS

Three crashes in the crease



Patrick Lalime

It might not be fair in light of his great stats in Ottawa, but Lalime is remembered for his part in four playoff losses to Toronto in the early 2000s — especially his ugly showing in Game 7 of 2004's first round.



Dominik Hasek

Brought in to replace Lalime, the Dominator dominated in 2005-06 until an injury at the Turin Olympics sidelined him for 25 regular-season games plus 10 in the playoffs.



Ray Emery

After leading the Senators to the 2006-07 cup final, Emery looked like an Ottawa legend in the making. But injuries and conflicts with coach John Paddock led to his unceremonious end in Ottawa after playing 31 games in 07-08. METRO

Quoted

"He's very composed, he's always quiet in the room and that almost has a calming effect on the rest of the guys."

Senators defenceman Mark Methot on Craig Anderson's dressing-room presence

NHL playoffs. 'No comparison' to playing at Bell Centre

Josh Gorges says the Montreal Canadiens' playoff rookies should be prepared for a wall of noise when they step onto the ice for their first NHL post-season game at the Bell Centre.

Five Canadiens, including rookies Alex Galchenyuk, Brendan Gallagher and Jarred Tinordi as well as first-timers

Max Pacioretty and Raphael Diaz, will see their first post-season action when the Habs open a first-round series on Thursday against the Senators.

"I mean, there's no comparison anywhere in hockey to playing a playoff game here in Montreal," the veteran defenceman said Tuesday.

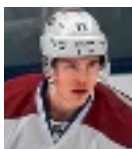
Everything is amplified at the Bell Centre in the post-season when hopes for a 25th Stanley Cup are rekindled.

"I was saying to (Gallagher) the other day driving home that it's different here," Gorges said. "You've seen how fun it can be to play here, but wait until you get into the playoffs."

Gallagher, who has played himself into the rookie-of-the-year conversation with 15 goals and 28 points in 44 games, is looking forward to it.

"It's important that the energy will be there and it's important for us to give them something to cheer about," Gallagher said. THE CANADIAN PRESS

Quoted



"This city's really excited. They're almost as passionate

about the game as we are."

Canadiens rookie Brendan Gallagher on fans in Montreal

24/7

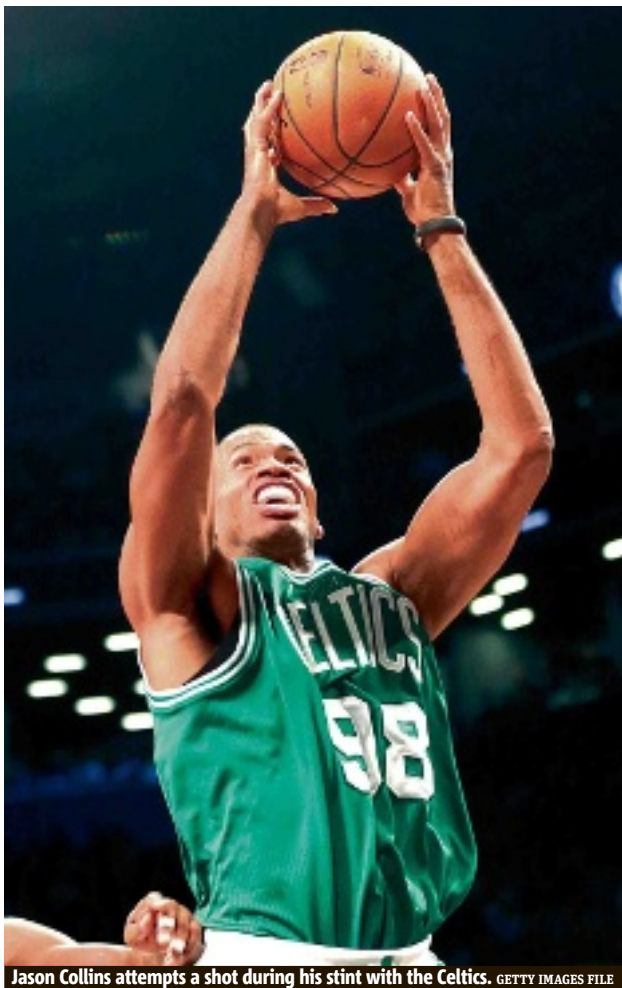
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Jason Collins attempts a shot during his stint with the Celtics. GETTY IMAGES FILE

Celtics applaud former teammate for coming out

Jason Collins. Gay basketball player left a lasting impression on Boston team

Celtics coach Doc Rivers wishes Jason Collins had gotten more rebounds. Jeff Green liked the screens his former teammate set. Jason Terry would love to have Collins' toughness in the playoffs.

And they're all happy for Collins after he came out as gay.

None of the Celtics expressed concern Tuesday about having been on the same team as a gay player. They did care about what he did to help Boston win games and about how he might help other gay athletes.

Paying tribute

98

The number Jason Collins wore while with the Boston Celtics and the Washington Wizards to honour Matthew Shepard, a gay University of Wyoming student who was robbed and beaten to death in 1998.

"There are so many professional athletes, there are so many human beings that live a dark life, that are scared to expose it because of the exposure of sports and what people may think about them," Paul Pierce said. "I think what he did was a great thing just to open the door for a number of athletes who probably now are going to have the courage to come out."

Rivers said Collins told him

he was gay "a couple of days" before his announcement Monday on Sports Illustrated's website.

"I don't know if (I was) surprised, or really didn't care one way or the other," Rivers said. "It's a non-factor to me. And I know it is a factor to a lot of people. I just have never understood why anyone cares about what someone else does."

"He told me he was coming out and I told him, 'Great, you know, good. Let's move forward.' And I jokingly said, 'I wish you could have gotten me more rebounds,' because that's all I care about."

The seven-foot Collins played 32 games for the Celtics in his only season with them before being traded on Feb. 21 to Washington. He is now a free agent.

THE ASSOCIATED PRESS

'Distraction'

ESPN says it regrets reporter's comments

ESPN says that it regrets the "distraction" caused by one of its reporters who described Jason Collins as a sinner after the NBA centre publicly revealed that he was gay.

Chris Broussard, who covers the NBA for ESPN, had said on the air that Collins and others in the NBA who engage in premarital sex or adultery were "walking in open rebellion to God, and to Jesus Christ." Broussard, a former reporter for The New York Times, spoke during ESPN's "Outside the Lines" program Monday discussing Collins' announcement.

ESPN's Josh Krulewitz said the network regrets that a discussion of personal viewpoints became a "distraction." The network offered its own view of Collins' news: "ESPN is fully committed to diversity and welcomes Jason Collins' announcement," he said.

THE ASSOCIATED PRESS

MLB

Sweet homer ends marathon game

An exhausted Brandon Moss threw a pie in his own face after hitting the home run that ended the major league's longest game this season.

Moss hit his second home run of the night with two outs in the 19th inning early Tuesday, giving the Oakland Athletics a 10-8 victory over the Los Angeles Angels.

The teams were on the field for 6 hours, 32 minutes in a game that ended at 1:41 a.m. PDT. By time, it was the longest game in Oakland — and the longest in Angels history.

L.A. allowed a 7-2 eighth-inning lead slip away on a night Albert Pujols homered twice and drove in four runs. THE ASSOCIATED PRESS



Brandon Moss gets a pie in the face to go with a Gatorade shower. GETTY IMAGES

NBA. Knicks get second shot at finishing Celtics

J.R. Smith may have altered a series with one poor decision. He certainly forced his mid-week plans to change.

When he dropped Boston's Jason Terry with an elbow to the chin late in Game 3 on Friday night, Smith earned a suspension that left the New York Knicks without their No. 2 scorer during the regular season for Game 4 on Sunday.

The Knicks didn't have enough offence without him, losing 97-90 in overtime as Terry, not the Sixth Man of the Year, hit the big shots off the bench.

Had Smith been available, perhaps this series would already be over.

"It would've been," Smith said Tuesday. "I would've been playing golf today."

Instead, he was practising for Game 5. The Knicks will host it Wednesday, their second attempt to close out their first series victory since 2000.

"We want to end it," leading scorer Carmelo Anthony said. "We came this far, did our job at home first two games, did our job on the road, got one on the road. We've got the opportunity to end it here on our home court."

The Knicks won the first three games, holding the



Knicks guard J.R. Smith floors Jason Terry of the Celtics with an elbow on Friday in Boston. GETTY IMAGES

Celtics to an average of 75 points, before Boston broke out — sort of — on Sunday. The Celtics scored 54 points in the first half and led by 20 early in the third quarter before their offensive struggles returned, and they were limited to just 30 points in the third and fourth quarters.

The Knicks had their own problems Sunday, shooting 34 per cent from the field. Anthony scored 36 points but was 10-for-35, missed all seven 3-point attempts and committed seven turnovers.

THE ASSOCIATED PRESS

NBA

PLAYOFFS

CONFERENCE QUARTER-FINALS (BEST-OF-7 — All Times Eastern)

EASTERN CONFERENCE

MIAMI (1) VS MILWAUKEE (8)
(Miami wins series 4-0)

NEW YORK (2) VS BOSTON (7)
(New York leads series 3-1)

Sunday's result
Boston 97 New York 90 (OT)
Wednesday's game
Boston at New York, 7 p.m.

INDIANA (3) VS ATLANTA (6)
(Series tied 2-2)

Monday's result
Atlanta 102 Indiana 91
Wednesday's game
Atlanta at Indiana, 8 p.m.

BROOKLYN (4) VS CHICAGO (5)
(Chicago leads series 3-2)
Monday's result
Brooklyn 110 Chicago 91
Thursday's game
Brooklyn at Chicago, 8 p.m.

WESTERN CONFERENCE

OKLAHOMA CITY (1) VS HOUSTON (8)
(Oklahoma City leads series 3-1)

Monday's result
Houston 105 Oklahoma City 103
Wednesday's game
Houston at Oklahoma City, 9:30 p.m.

SAN ANTONIO (2) VS L.A. LAKERS (7)
(San Antonio wins series 4-0)

DENVER (3) VS GOLDEN STATE (6)
(Golden State leads series 3-1)
Tuesday's result
Golden State at Denver
Sunday's result
Golden State 115 Denver 101
Thursday's game
x-Denver at Golden State, 10:30 p.m.

L.A. CLIPPERS (4) VS MEMPHIS (5)
(Series tied 2-2)

Tuesday's result
Memphis at L.A. Clippers
Saturday's result
Memphis 104 L.A. Clippers 83
Friday's game
x-L.A. Clippers at Memphis, TBD
x — played only if necessary.

NHL

STANLEY CUP PLAYOFFS

CONFERENCE QUARTER-FINALS (BEST-OF-7 — All Times Eastern)

EASTERN CONFERENCE

PITTSBURGH (1) VS. N.Y. ISLANDERS (8)

Wednesday's game
NY Islanders at Pittsburgh, 7:30 p.m.

Friday's game
NY Islanders at Pittsburgh, 7 p.m.

MONTREAL (2) VS. OTTAWA (7)

Thursday's game
Ottawa at Montreal, 7 p.m.

Friday's game
Ottawa at Montreal, 7 p.m.

WASHINGTON (3) VS. N.Y. RANGERS (6)

Thursday's game
NY Rangers at Washington, 7:30 p.m.

Saturday's game
NY Rangers at Washington, 12:30 p.m.

BOSTON (4) VS. TORONTO (5)

Wednesday's game
Toronto at Boston, 7 p.m.

Saturday's game
Toronto at Boston, 7 p.m.

WESTERN CONFERENCE

CHICAGO (1) VS. MINNESOTA (8)

Tuesday's result
Minnesota at Chicago

Friday's game
Minnesota at Chicago, 9:30 p.m.

ANAHEIM (2) VS. DETROIT (7)

Tuesday's result
Detroit at Anaheim

Thursday's game
Detroit at Anaheim, 10 p.m.

VANCOUVER (3) VS. SAN JOSE (6)

Wednesday's game
San Jose at Vancouver, 10:30 p.m.

Friday's game
San Jose at Vancouver, 10 p.m.

ST. LOUIS (4) VS. LOS ANGELES (5)

Tuesday's result
Los Angeles at St. Louis

Thursday's game
Los Angeles at St. Louis, 9:30 p.m.
x — played only if necessary.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	18	7	.720	—
New York	15	10	.600	3
Baltimore	15	11	.577	3½
Tampa Bay	12	13	.480	6
Toronto	9	17	.346	9½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	14	10	.583	—
Kansas City	13	10	.565	½
Minnesota	11	11	.500	2
Cleveland	10	13	.435	3½
Chicago	10	14	.417	4

WEST DIVISION

	W	L	Pct	GB
Texas	16	9	.640	—
Oakland	15	12	.556	2
Seattle	12	16	.429	5½
Los Angeles	9	16	.360	7
Houston	8	18	.308	8½

Tuesday's results

Houston at N.Y. Yankees
Boston at Toronto
Minnesota at Detroit
Philadelphia at Cleveland
Chicago White Sox at Texas
Tampa Bay at Kansas City
L.A. Angels at Oakland
Baltimore at Seattle
Wednesday's games — All Times Eastern
Minnesota (Diamond 1-2) at Detroit
(Sanchez 3-1), 1:08 p.m.
L.A. Angels (Wilson 2-0) at Oakland
(Milone 3-2), 3:35 p.m.
Philadelphia (Lee 2-1) at Cleveland
(Bauer 0-1), 7:05 p.m.
Houston (Bedard 0-2) at N.Y. Yankees
(Phelps 1-1), 7:05 p.m.
Boston (Buchholz 5-0) at Toronto
(Buehrle 1-1), 7:07 p.m.
Chicago White Sox (Sale 2-2) at Texas
(Tepesch 2-1), 8:05 p.m.
Tampa Bay (Hellickson 1-2) at Kansas City
(Mendoza 0-1), 8:10 p.m.
Baltimore (Chen 2-2) at Seattle
(Harang 0-3), 10:10 p.m.

NATIONAL LEAGUE

Tuesday's results

Washington at Atlanta
N.Y. Mets at Miami
San Diego at Chicago Cubs
Pittsburgh at Milwaukee
Cincinnati at St. Louis
San Francisco at Arizona
Colorado at L.A. Dodgers

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2013 Hyundai Santa Fe XL



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2013 Hyundai Santa Fe XL

- **Type.** Four-door, front- /all-wheel-drive wagon
- **Engine (hp):** 3.3-litre DOHC V6 (290)
- **Transmission.** Six-speed automatic
- **Base price (incl. destination)** \$31,900

Design

The Santa Fe's trimmer, sleeker design also places it higher on the attractiveness scale. Abandoned is the soap-dish shape that was in evidence with first and second-generation wagons. Along the sides and rear deck, the sheet metal is now as crisp as a starched shirt, while the grille copies a familiar Hyundai style.

Steering

Another feature is the Driver Selectable Steering Mode, which has Comfort, Normal and Sport settings. Selecting Comfort reduces steering effort by 10 per cent and aids parking maneuverability. Inversely, the Sport position firms up the steering by the same amount and increases "on-centre feel" for better highway control.



The 3.3 litre V6 engine (290 hp)

All wheel drive

AWD increases the Santa Fe's \$29,200 base price by \$1,750, but is well worth it for the added control and peace of mind in slippery, muddy conditions. The system has been engineered to shift torque to a single wheel, if necessary, depending on weather and driving conditions.

Review. If you need more than five chairs and all wheel drive, this is the Hyundai for you

MALCOLM GUNN
wheelbasemedia.com

The driving distance from Veracruz, Mexico, to Santa Fe, N.M., is more than 2,500 km. But Hyundai's recently retired Veracruz wagon and the 2013 Santa Fe are much closer. Until its demise following the 2012 model year, the Veracruz represented Hyundai's mainstay transport for people requiring accommodations for up to seven-passengers and their belongings. Its drawbacks, including a hefty 4,300-pound base weight, eventually placed it out of the running.

The Veracruz's capacity, if not its name, has been replaced by the Santa Fe, or at least one version of the Santa Fe. For the

2013 model year Hyundai has seen fit to create both a five-place model, called the Santa Fe Sport, plus an extended-length model with four inches added between the front and rear wheels that can seat six or seven, depending on the configuration. The Santa Fe now closely matches the boxier Veracruz's total cargo capacity, but is lighter by about 320 pounds.

The Santa Fe's interior reveals that Hyundai is really getting the hang of what constitutes great interior design. From the sculpted dashboard and door panels to the inwardly angled primary gauges, the look is strictly premium, even without the available leather seat coverings or eight-inch touch-screen display.

The base GLS is fitted with a solid array of content but stops short of going overboard. For that you'll need to move up to the Limited that comes with dual-zone climate control, eight-way power driver's seat, heated second-row seat, power



Inside there is ample room for all. Six or seven can be seated.

tailgate, rearview camera, push-button start and 19-inch alloy wheels. Heading an extensive list of options is a panoramic sunroof, eight-inch touch-screen navigation system and a 550-watt 12-speaker premium audio package.

With its enlarged dimensions, the attractive Santa Fe provides more of everything to more people. Factor in a thrifty V6 and the technological improvements and it's a certainty that most Hyundai shoppers won't miss the Veracruz.



The Santa Fe's sculpted dashboard

By comparison



1 Nissan Pathfinder
Base price: \$31,800



2 Chevrolet Traverse
Base price: \$34,550



3 Ford Flex
Base price: \$31,200

Parts department

WHEELBASE MEDIA

Keep the heat out

Keeping your car's interior cool is important during the summer, or year-round if you live in, or travel to, sun-belt regions. To effectively block 100 per cent of the sun's rays from cooking your vehicle, check out the Cool Cap by Florida-based Reflectionite. The company's products are designed to fit a wide variety of vehicles, including sedans,

sports cars, sport utility vehicles, mini-vans and pickups. Because the product securely attaches on the outside, Reflectionite claims that the Cool Cap's reflective material will significantly reduce much of the heat entering the interior through the windows as well as the roof. Prices start at \$140. Get the full story and place your order at itscoolinhere.com.



Don't be a spilly pants

Adding or changing your own oil can save you money compared to having it done for you, but the reason many of us don't do it ourselves is that it can be a messy business. The filter can be a real pain to get at, which usually means oil everywhere when you remove it. Now you can use Form-A-Funnel to help keep you, your vehicle and your driveway from becoming a big oily mess. This highly flexible product is made of a thin lead core that's encased in moldable rubber so it can be formed into whatever shape you need for directing used oil from your car's filter into a catch basin. Purchase one (or more) for about \$20 from a number of storefront or online merchants.



Tow with less pain

Just about everyone who has had a trailer hitch installed on their vehicle has likely screamed in agony on more than one occasion after accidentally striking their shin or kneecap on the ball mount.

A simple remedy involves the installation of the Shin Shield. This simple protective device is made from a special polymer compound that the manufacturer claims will remain soft from -40 F to 150 F. Shin Shield securely installs between the ball and most standard 2.5-inch (Class V) receivers that are rated for up to 17,500 pounds of gross trailer weight and 1,700 pounds of tongue weight (other sizes are apparently under development). Order one for \$20 from shinshield.com.



Tracks on your wall

If your dad is a big race fan, he likely has a favourite track or two, whether they're close to home, in another part of the country or at the opposite end of the globe. The Linear Edge offers visual representations of various racing venues used in Formula One, NASCAR and American LeMans racing series plus a number of motorcycle tracks. Each piece is made using Baltic birch over a laminated plywood base, then precision cut to a specific design. These works of art make interesting conversation pieces and would look really cool when hung on a wall in a den. Prices range from around \$200 to \$250, depending on the track. Visit linearedge.com.



Spring into life this season, eye the summer and bid old man winter adieu



Get out there and enjoy the spring weather while you tackle your own seasonal list. ISTOCK

Autopilot. Clean out the car, run over the ice scraper, show your support for the Leafs and prepare for the sunshine months



AUTO PILOT
Mike Goetz
drive@metronews.ca

Feels like spring is finally here.

I realize it may not be spring everywhere, and especially in southern Manitoba, where they're expecting another snow storm this week, and this just after the week the Winnipeg Jets were officially eliminated from the Stanley Cup playoffs, but I can only commiserate so much with others. I've got to get on with my own life.

Last Saturday was beautiful and warm. I had some errands to run with our Honda Fit. But

before I did that I took off the winter tires and replaced them with the summers. Then I was off on my errands, which I could do with the window down and the radio up, something I haven't done since September. It felt pretty good.

It felt so good in fact that I thought of all the other things I should do, automotive wise, now that spring has sprung. Here's my list...

- Take ice scraper out of the car. Lay it on the road. Run over it.

- Replace windshield wiper fluid with summer margarita formula.

- Wash the vehicle with lots of suds, and wearing only leopard print speedo.

- Install new bumper sticker. Something like, "Reality is the Only Obstacle to Happiness" or "I Used to Have a Handle on Life, But it Broke" or "Look Busy, Jesus is Coming."

- Make sure horn is working

properly and install Toronto Maple Leaf flag on the side glass, to participate fully in mass celebratory parade when Leafs win their first play-off game.

- Rent industrial vacuum used in the mining industry to suck french fries out from their bunker positions deep under the rear seats.

- Make a new CD compilation of driving tunes. On second thought, commandeer our teenagers to do this — they're so much more fluent with the digital formats.

- Re-visit favourite pot holes before they get covered over and are lost forever. Maybe take pictures and create a collage.

I hope you have your own automotive spring-to-do list. It's the most hopeful time of year and a chance for renewal, for both you and your vehicle. Please don't waste the opportunity.

Horoscopes

Aries

March 21 - April 20
You don't have to feel sorry for someone if you think they don't deserve it. Be true to yourself and be honest about your feelings. There are many injustices in the world but few if any of them are your fault.

Taurus

April 21 - May 21
Mars in your birth sign endows you with self-confidence but with Saturn also in the picture, be cautious. Whatever you choose to do, it will have repercussions.

Gemini

May 22 - June 21
It may seem to other people that you are easily manipulated but it isn't the truth — and it gives you an advantage. Let your rivals think you are weak then, when they are least expecting it, you can hit back.

Cancer

June 22 - July 23
Decide what it is you want to do, then look for ways to pay for it. If you are thinking about changing what you do for a living, put job satisfaction at the top of your list.

Leo

July 24 - Aug. 23
You may feel you got less than you deserve from some kind of service but don't make a fuss about it. You will soon get a chance to improve your status. You are in fact in quite a strong bargaining position.

Virgo

Aug. 24 - Sept. 23
You won't lack for enthusiasm today but what about common sense? Virgos like to think things through carefully but Mars may encourage you to take risks. In a word: don't.

Libra

Sept. 24 - Oct. 23
If there is something you want, you will find a way to get it no matter what obstacles are in your path. Once you possess it, you may find it isn't that great after all but it's the challenge that excites you.

Scorpio

Oct. 24 - Nov. 22
Don't bother trying to explain your actions to people because they won't understand. Just do what you have to do and ignore whatever criticism may come your way. What do you care what other people think?

Sagittarius

Nov. 23 - Dec. 21
You may be laid back but some people can be fussy and no doubt certain individuals will have a good moan today. Find ways to blot them out of your consciousness.

Capricorn

Dec. 22 - Jan. 20
It all seems to be coming together now. What could go wrong? Quite a lot actually. With Mars opposing your ruler Saturn today, you need to keep your wits about you. Who do you trust? Only yourself.

Aquarius

Jan. 21 - Feb. 19
Be honest about your feelings today and make sure everyone else is honest about theirs too. Some of things you hear won't be pretty but it will be better if everything is out in the open.

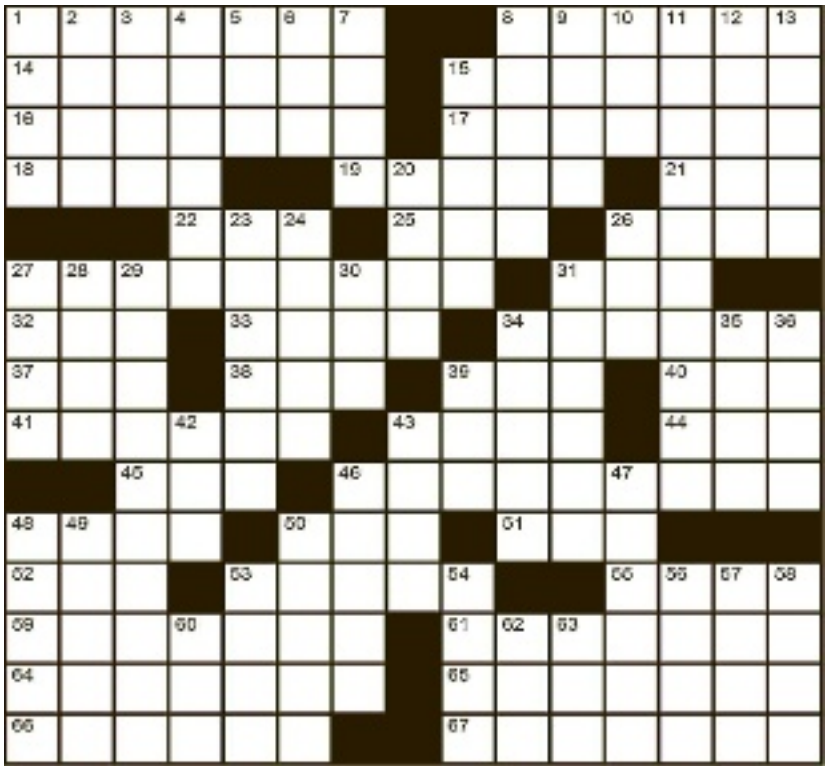
Pisces

Feb. 20 - March 20
If you must get involved in a dispute, make sure you keep your head. The planets are stirring things up a bit and there will be disagreements.
SALLY ROMPTON

Crossword: Canada Across and Down

Across

- Hot trend in skincare, ____
- The Wealthy ____ (Bestseller by David Chilton of CBC's "Dragons' Den")
- Musician Ms. McKennitt, born in Morden, MB
- French actress, Catherine ____
- "You've Got to Pick ____ or Two": Song from Oliver!
- Jennifer of "Friends"
- Filled food
- Potatoes, in slang
- Boxing bout ender, commonly
- Gov. gigs
- Li'l reply
- Charges
- 17th-century Dutch painter
- Poetic contraction
- Eggs, science-style
- Victory shouts in Spain
- Anti-virus software brand
- Myrna of movies
- Haunted house haze
- Ex of Britney's, K-____
- Alias indicator
- Kept as is: 2 wds.
- Knit stitch
- Gravestone



- engraving
- Movie studio area
- Royal Canadian Navy warships in WWII
- Songstress Sheryl
- Harry's pal at Hogwarts
- Paul Anka song: "____ Beso (That Kiss!)"
- W5 extra

- Pops in the post
- Present
- Do surgery
- Mysteries
- Venus neighbour
- Netflix thriller, "____ Grove"
- Type of dessert
- Atones
- Down
- Meadow cry

- Gene Vincent's "Be-____ -Lula"
- Colourfully comfy shoe
- De-tangle one's hair again
- "Spider!!"
- 'Germ' add-on (Relevant)
- At-the-door rugs
- Gives in

- Cuckoos
- ____ judicata (Settled court matter)
- Canuck pastry: 2 wds.
- Call forth
- Jobs for Mike Holmes
- Intimidate
- Office supplies
- Earning

- Beauty parlor
- ____-de-lance (Type of snake)
- Bread basket item
- "Hurray!" in ancient Greece
- April showers bring them: 2 wds.
- Positive opposite [abbr.]
- Bunches and bunches
- Audacity
- ____ from Mus-kogee" by Merle Haggard
- Short snoozes
- Item traded in Canadian history
- Haul
- "On Golden ____"
- Canadian rock band, ____ Hatch
- Sort of switch
- Eat loudly
- Boxing technique, ____ -dope
- Attempt again
- 'Dino' suffix
- ____ gut!" (Very good, in German)
- Bruce Springsteen's "____ Fire": 2 wds.
- Bit of truth
- "How naughty!" [pl.]
- Something the cashier gives you, for short
- Maiden name indicator
- Tip to 'act' (Influence)

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today



22°/12°
Partly cloudy

Thursday



24°/13°
Partly cloudy

Know what the weather
will be 14 days from now.
Check the 14 day trend.

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